**Resting state**

Welcome, the MRI is about to start. Please follow the instructions from the researcher; thank you.

During the MRI, please look at the white cross on the screen, stay awake, and try not to think of anything in particular.

Please try your best not to move your head or body.

Press a button to continue.

**Sad memory**

During the MRI, please re-live the event corresponding to the keywords on the screen as vividly as possible in your imagination and re-experience it happening to you all over again. Please keep doing this when the MRI is on.

Please try your best not to move your head or body.

Press a button to continue.

**Rumination**

During the MRI, please think about the events you just recalled according to the phrase on the screen. Please don’t stop thinking when the MRI is on.

Please try your best not to move your head or body.

Press a button to continue.

**Distraction**

During the MRI, please focus on the idea expressed by the phrase on the screen and use your imagination to visualize the idea as vividly as possible. Please don’t stop thinking when the MRI is on.

Please try your best not to move your head or body.

Press a button to continue.

**Emotional scale**

Please use the scale below to indicate how you feel right now:

1 2 3 4 5 6 7 8 9

Very unhappy Very happy

**Wait for trigger**

Please wait for the scan to start.

**Goodbye**

Thank you. The current scan is over; please wait for the researcher's instructions.

Press a button to continue.